Holmfirth Harriers Vet's News 86

30th April 2023

YVAA EVENTS IN 2023

As usual we hope there will be a full programme of YVAA events in 2023. The Multi-terrain GPs will include our event from Neiley (April 23rd) and will hopefully include another 7-9 events around the county. For those not familiar with the events they are mostly off-road using footpaths over fields and through woods. Distances vary from 5 to 6 miles and terrain is similar to our summer training runs. They are aimed at all abilities and certainly all our runners from Tigers upwards are quite capable of completing the courses. They are incredibly friendly events and include after race refreshments and prize giving in all 5-year age groups from 35+ right up to 75+. There are spot prizes given out at the finish as well. All this for a £5 entry (2022). All details can be found on the YVAA website at www.yvaa.org and updates on the Facebook group at https://www.facebook.com/groups/3189196357821902 .

Events confirmed so far.

Event	Host Club	Venue	Date
Race 1	Holmfirth Harriers	Honley	23.04.23
Race 2	Kirkstall Harriers	Kirkstall Abbey	23.05.23
Race 3	South Leeds Lakers	Middleton Park (TBC)	21.06.23
Race 4	Northowram Pumas	TBC	13.07.23
Race 5	Queensbury RC	Littlemoor Park	01.08.23
Race 6	Pudsey Pacers	Post Hill	08.08.23
Race 7	Ackworth RR	Fitzwilliam Country Park	01.10.23
Race 8	TBC		

Race 9 TBC

Race 10 TBC

YAA also has a road race championships programme that are included in open races.

Championship	**Venue**	**Date**
5k	York	13.10.23
5 Miles	Bronte 5, Haworth	01.06.23
10k	Run Harrogate 10K	02.07.23
10 Miles	Tadcaster 10	19.11.23
Half Marathon	Major Stone, Lockington	03.09.23

The Road Relays will be hosted by **Holmfirth Harriers**, hopefully.

Host Club	**Venue**	**Date**
Holmfirth Harriers	Cartworth Moor	04.06.23

Fell Championships

Championship	**Venue**	**Date**
Fell	Cop Hill, Meltham	05.11.23

It would be great to get out a strong (in numbers) team from Holmfirth for these events so keep a look out for information via your emails, the club Facebook page and of course the club website in the New Year.

Some Events Our Members Have Taken Part In

Wilmslow Half Marathon

Helen

Liz

Kevin

Five HH made the trip to Wilmslow for the Half M, 3 of whom were Vets. There is a report at https://www.holmfirthharriers.com/wilmslow-half-marathon-2023/ and the results are below.

Pos	Name	Chip Time	Gender Pos	Category	Category Pos
430	Liz Woodfield	01:30:39	55	Vet 45	5
481	KevinDessoy	01:32:31	412	Vet 55	12
536	Helen Standing	01:34:25	77	Vet 45	8
1052	Naomi Shields	01:47:41	183	Senior F	80
2268	Michael Armitage	02:16:36	1549	Senior M	638

Club 6 Handicap

For anyone that has not done this race it is a two lap course from Farnley Tyas to Thurstonland and then back past Storthes Hall via the 'swithchback' to the joiners shop and then on a shorter repeat lap that misses out Thurstonland. An undulating course and exposed to whatever the weather throws at you. Slowest start first and fastest last. Every member should do this at least once!

The handicap is frequently won by newish runners as they are harder to handicap and likely to be improving rapidly.

Apologies for newer members that have got F/M? for age group as you are not on my membership list. Will get an updated one once this year's list is done. A simplified results list below.

NAME	Act.Time Pos.	Race No	Act. Time	HCPos	H'cappers' estimate
Katie Walshaw F35	1	1.551	37:36	22	37:00
Helena Croft F35	2	1.552	38:01	9	39:45
Paul Sammonds M?	3	1.553	38:08	18	38:15
James Washington M45	4	1.559	39:19	7	42:00
Adam Sunderland M50	5	1.579	39:39	8	42:15
Jared Watt M?	6	1.565	41:22	30	39:00
Simon Platts M40	7	1.580	41:25	31	39:00
Anthony Waring M50	8	1.582	42:18	17	42:30
Zoe Storr F35	9	1.571	43:11	23	42:30
Joanne Jones F45	10	1.570	43:30	16	44:00
Amy Smith F	11	1.557	45:03	28	43:00
Sean Doyle M55	12	1.554	45:51	10	47:00
Gary Putnam M45	13	1.574	46:03	25	45:00
Craig Noble M45	14	1.578	46:05	19	46:00
Leighton Moxon M35	15	1.567	46:43	27	45:00
Janet Foreman F55	16	1.560	49:45	24	49:00
Diane Baldwin F65	16	1.558	49:45	26	48:30

NAME	Act.Time Pos.	Race No	Act. Time	HCPos	H'cappers' estimate
Jason Haigh M50	18	1.572	50:06	20	50:00
James Spencer M55	19	1.568	50:18	6	53:00
Danielle Frame F?	20	1.566	50:48	3	58:00
Mark Henderson M60	21	1.563	51:40	5	54:45
Kevin Yewlett M70	22	1.556	52:09	29	50:00
Noreen Edery F70	23	1.555	52:10	21	52:00
Emma Sheard F?	24	1.581	52:15	1	1:00:00
Heidi O'Shea F40	25	1.577	52:42	12	53:30
Becky Burdon F45	26	1.561	55:01	11	56:00
Debbie Beck F50	27	1.569	55:29	15	56:00
David McGuinness M?	28	1.562	56:38	2	1:04:00
Steve Hewitt M65	29	1.575	57:00	13	57:45
Richard Smith M75	30	1.576	59:28	4	1:03:00
Richard Whale M65	31	1.564	1:02:20	14	1:03:00
Keren Pearson F35	32	1.573	1:03:01	32	1:00:00

James

Janet

Debbie

Loads more photos on Facebook group by Jean Shotter.

Baildon Boundary Way

2nd April

A route including paths, tracks and canal side path this is a popular local event.

Just two Holmfirth Harriers took part this year. Andrew Shelbourne M55 was 60th/270 in 1:54:03 and Neil Midgley M70, a regular in this event, 205th/270 in 2:29:03

Wakefield 10k – 19 March.

There were 1399 finishers at his popular local event in aid of Wakefield Hospice.

Well done to all that took part and congrats to those category winners. :

Holmfirth Finishers

Pos.	Bib	Name	Category	Category Position	Net Time
12	1261	Joe Minchella	MSEN	6/180	35:55:00
55	37	Curtis Firth	MSEN	18/180	39:36:00
88	74	Julia Thomas	FV45	1/101	41:01:00
130	86	Anthony Waring	MV50	13/99	42:47:00
135	1526	Craig Sheard	MSEN	42/180	42:54:00
139	102	Joanne Jones	FV45	2/101	43:05:00
195	168	Gary Putnam	MV40	35/111	45:09:00
200	1266	Leighton Moxon	MV35	32/102	45:21:00
223	114	Sophie Cromwell	FV35	1/80	46:24:00
247	1121	Logan Anderson	MV50	28/99	47:02:00
265	1552	Sarah Todd	FSEN	19/161	47:34:00
278	1369	Diane Baldwin	FV65	1/13	47:49:00
455	342	Noreen Edery	FV70	2/8	51:26:00
696	1433	Carolyn Harrison	FV45	26/101	55:38:00
752	485	Debbie Beck	FV50	27/82	56:46:00
801	2213	Heidi King	FV45	36/101	57:58:00
876	842	Keren Pearson	FV35	42/80	59:25:00

Northern Road Relays at Redcar

A blustery and wet day saw three teams travel to Redcar for the Northern 6 and 12 stage road relays. Once again we managed two women's teams but only had 11 in the men's team so they were an incomplete team. Not sure why this was, a late injury or illness perhaps and no reserve.

Relays are always great team events and the club will pay for as many teams as we can enter so it's a great pity, we cannot get more runners to take part. Once again, many Vets were included in the teams.

Women

8th Holmfirth Harriers Ac 'A' 2:27:59

Lucy Byram	SF	(8) in 34:37 long leg
Katie Walshaw F	35	(6) in 18:27
Isabel Richardson	SF	(6) in 18:45
Erica Byram	SF	(8) in 36:32 long leg
Claire Leaver-Hewitt	F40	(9) in 20:30
Helena Croft	F35	(8) in 19:08

30 Holmfirth Harriers Ac 'B' 3:04:48

Sophie Cromwell	F35	(33) in 43:56
Ruby Sykes	SF	(33) in 22:16
Helen Haigh	F45	(33) in 25:29
Diane Baldwin	F65	(33) in 46:13
Liz Woodfield	F45	(32) in 20:44
Becky Burdon	F45	(32) in 26:10

Men

Holmfirth Harriers Ac

Kai Sunman	SM	(22) in 31:03 long leg
James Young	?	(29) in 18:08
Jamie Wood	M35	(27) in 34:10 long leg
Gary Putnam	M45	(34) in 21:24
Paul Sammonds	M35	(37) in 36:34 long leg
Christopher Beadle	M50	(38) in 21:27
Oliver Glover	?	(38) in 35:08 long leg
Robert Dickinson	M50	(39) in 22:13
Jonathan Burdon	M45	(37) in 20:55
Adam Sunderland	M50	(36) in 19:16
Matthew Rose	M50	(35) in19:54

Good to see several fairly new members taking part, hence the lack of age cats as I don't have their details!

Helen Haigh and Di Baldwin warming up!

Wirksworth Incline FR

Katie Walshaw, the course record holder broke her own record by 24 seconds and was once again 1st female and 5th overall in 27:11. James Washington also competed and, in his first fell race of the season, finished a very creditable 15th in 30.04 and second V40.

Manchester Marathon

7 Veteran members of Holmfirth Harriers were amongst the 11 Harriers that took part in this year's Manchester Marathon. Some excellent runs and I know Helen standing was particularly happy with her PB by some 5 minutes.

POS	NAME	CATEGORY	CHIP TIME
732	Paul Sammonds	MV35	02:55:57
1520	Julia Thomas	FV45	03:05:41
2328	Kevin Dessoy	MV55	03:15:04
2691	Helen Standing	FV45	03:19:04
3203	Neil Robins	MV50	03:23:54
10693	Heidi King	FV45	04:14:49
14676	Grant Clarke-Wood	MV40	04:51:37

Herod Farm Fell Race 2023

Six Holmfirth Harriers made their way over to Herod Farm near Glossop on the 19th of April. Jon Burdon's report is on the website https://www.holmfirthharriers.com/herod-farm-fell-race-2023/

From the website report

First back was Adam Sunderland in a strong time under 30 minutes, not far behind was Fran Whitworth whose descending skills kept her well ahead of Jon Burdon. They didn't have long to wait for Sophie Cromwell, followed confidently by Mark Henderson and then Becky Burdon who finished with her trademark downhill speed. Well done everyone! Unusually Holmfirth didn't come back with any prizes.

London Marathon

Helena

Six Holmfirth Harriers ran this year's London Marathon with some excellent times, see below.

Hopefully someone will write a report to go on the website describing their day/weekend.

Tracy about to finis

Holmfirth Placings

Pos.	M/F Pos.	Cat. Pos.	Name	Number	Category	Half	Finish
506	498	367	Capstick, Matthew		SM?	1:16:30	2:38:38
1216	1181	233	Brook, Tim		M40	1:22:23	2:47:41
2950	187	137	Croft, Helena		F35	1:28:41	2:59:42
5305	652	70	Woodfield, Liz		F45	1:37:09	3:15:00
27825	8791	1292	Ottaway, Nicky		F45	1:58:14	4:32:11
28640	9152	1346	Newman, Tracey		F45	2:12:48	4:35:24

YVAA Multi-terrain GP 1 from Neiley

A great turn out for this event, probably our best ever with 238 runners from around 25 different clubs. 7 Female runners and 15 male runners from Holmfirth, which considering all those we had out marshalling etc. was a good turnout. Last year we rarely got more than 6 out in total. It would be great if we could repeat these sorts of numbers for the other races in the series. **Hopefully those club members taking part will have enjoyed it and come and be part of the team again**.

Points are gained by every runner and added to team scores throughout the year.

The more runners the better your team score. So come and have a go. If 4 of our over 70 runners can get round then so can you!

Start of race with Katie and James prominent.

Steve

Richard

James

Anthony

Simon

Damien

Chris being pursued by Jo (and above)

David and Kev

Mark

Debbie

Paul

Sophie

Bob

Neil

Kath

There are loads of photos on the YVAA Facebook group. If you're not above apologies but I'm sure you'll find your picture in the 100's posted.

Holmfirth Results

Women

Position	Race No.	Name	Cat.	Team	Time	Points
1	4	Katie Walshaw	1st F35	Holmfirth	40.37	150
3	169	Joanne Jones	1st F45	Holmfirth	48.30	148

5	251	Fran Whitworth	1st	F50	Holmfirth	50.37	146
9	3	Sophie Cromwell		F35	Holmfirth	51.58	142
11	179	Kath Farquhar	3rd	F50	Holmfirth	53.25	140
18	109	Diane Baldwin	2nd	F65	Holmfirth	57.00	133
19	104	Debbie Hall		F45	Holmfirth	57.02	132
Men							
12	118	James Washington	2nd	M45	Holmfirth	44.39	289
23	126	Matt Tolson		M45	Holmfirth	46.35	278
28	39	Anthony Waring		M50	Holmfirth	46.59	273
29	100	Simon Platts		M40	Holmfirth	47.06	272
33	243	Chris Beadle		M50	Holmfirth	47.38	268
35	111	Damian McQueen		M45	Holmfirth	49.10	266
45	36	Robert Dickinson		M50	Holmfirth	50.23	256
47	15	David Milton		M55	Holmfirth	50.33	254
75	5	Kevin Yewlett	1st	M70	Holmfirth	54.43	226
122	148	Paul Winn		M65	Holmfirth	61.20	179
124	157	Mark Henderson		M60	Holmfirth	61.34	177
126	1	Neil Midgley		M70	Holmfirth	62.02	175
136	140	Steve Hewitt		M65	Holmfirth	65.10	165
137	158	Richard Smith	3rd	M75	Holmfirth	65.36	164
141	99	Bill Hunter		M75	Holmfirth	68.13	160

Three Peaks FR

Pos.	Number	Name		Time
22nd	239	Richard Anderson		3:25:17
135th	246	Michael Sanderson	M35	4:12:56
141st	242	Philip Hewitt	M35	3:32:25
245th	240	Tim Brook	M40	4:34:43
352nd	245	Matthew Rose	M40	4:53:43

Hopefully more details next month.

Rob